

ADULT ROLES AND RESPONSIBILITIES

Levels: 11-12

Units of Credit: .5

CIP Code: 20.0107

Prerequisite: None

COURSE DESCRIPTION

This course is to be taught as a .5 credit course.

ADULT ROLES AND RESPONSIBILITIES—(.5 credit) This course prepares students to understand the nature, function, and significance of human relationships involving individuals and families. Topics include: family living, parenting, household and money management, decision-making skills, communication skills, self-awareness, crisis management, and the individual's roles and responsibilities within the family and community. Emphasis will be placed upon the uniqueness, needs, and interests of individuals and families. FCCLA may be an integral part of the course. **Standards and objectives with an "*" are optional in this .5 credit course are not tested on the Skill Certification Test #310.**

NOTE: By Utah State law, parental or guardian consent is required for a student to participate in human sexuality instruction. State policy states that instruction includes the importance of marriage and the family, abstinence from sexual activity before marriage, and fidelity after marriage. Consult the local school district on its policy regarding the teaching of human sexuality and district approved instructional materials.

CORE STANDARDS, OBJECTIVES, AND INDICATORS

STANDARD

20.0107-01 Students will participate in activities that help increase their self-awareness, values, goals and decision-making strategies.

OBJECTIVES

20.0107-0101 Explain how self-concept is built and preserved and how it relates to the perception of individual strengths and weaknesses.

National Standards 12.1.1, 12.1.2

- Describe the development of self-concept and the self-concept circle
- Identify the influences of labeling and stereotyping
- List ways self-concepts may be built or destroyed

20.0107-0102 Identify personal values and explain how values impact interpersonal relationships.

National Standard 2.1.2

- Define values and their function
- Discuss personal values
- Explain the effect of values on relationships

- 20.0107-0103 Classify short- and long-term goals and the steps needed to achieve them.
National Standard 2.1.1
- Explain types and functions of short- and long-term goals
 - Describe the goal setting process
 - Set long-term goals, consistent with personal values
 - Set short-term goals, necessary to complete long-term goals
 - Accomplish one short-term goal
- 20.0107-0104 Describe the decision-making process, including acceptance of personal responsibility for the consequences of the decision.
National Standard 12.1.1
- Define the problem
 - Brainstorm the possible solutions
 - Explore and evaluate
 - Make significant decisions using the decision-making process
 - Look at results of the decision and evaluate it
 - Accept responsibility for personal decisions, behaviors and actions
- 20.0107-0105 Identify the causes and symptoms of stress, and describe positive forms of stress management. *
- National Standard 12.2.2
- List sources of personal stress
 - Implement and evaluate stress-management strategies
- 20.0107-0106 Identify the physical, social, and emotional characteristics occurring during adolescence.
National Standard 12.1.1 *
- Explain character/moral and personality developmental theories (Maslow, Erickson, Havighurst)
 - Identify physical, social, and emotional characteristics
- 20.0107-0107 Analyze the relationship between values and refusal skills. *
- National Standard 2.1.2
- Review types of refusal skills: saying “no”, establishing priorities, avoiding questionable situations, etc.
 - Identify personal values.
 - Keep actions and behavior consistent with values

STANDARD

20.0107-02 Students will identify communication styles and the role they play in relationships.

OBJECTIVES

- 20.0107-0201 Identify various types of communication styles.
National Standards 13.3.1, 13.3.2, 13.3.3, 13.3.4, 15.2.2
- Define the levels of communication
 - Assess personal communication styles
 - Identify types of destructive communication (blaming, interrupting, endless fighting, character assassination, calling in reinforcements, and withdrawal)
 - Identify types of constructive communication (I-messages, clarifying, timing, asking questions, reflective listening, respect, consideration, avoid anger)
 - Practice using I-messages
 - Explain active/reflective listening skills
 - Demonstrate the ability to use active listening skills

- 20.0107-0202 Identify positive and negative nonverbal communication.
National Standard 13.3.2
- Identify nonverbal behavior and messages (mild handshake, no eye contact, etc.)
 - Describe the different types of personal distance/space (public, social, personal, intimate)
 - Discuss the impact of nonverbal communication
 - Practice positive nonverbal communication

- 20.0107-0203 Develop positive assertion skills to be used in conflict resolution.
National Standards 13.4.1, 13.4.2, 13.4.3, 13.4.4
- Identify positive and negative methods of conflict resolution
 - Compare assertive and aggressive behavior
 - Practice assertiveness skills
 - Identify ways to maintain a sense of humor

STANDARD

20.0107-03 Students will identify ways to develop meaningful relationships in the family unit.

OBJECTIVES

- 20.0107-0301 Identify the strengths and weaknesses of various family forms: living alone, couples without children, couples with children, divorced adults, traditional families, single-parent families, blended families, etc. *
National Standard 6.1.1
- 20.0107-0302 List the positive and negative characteristics that affect family relationships.
National Standards 6.1.2, 6.1.5, 13.1.4
- Identify living skills/values that affect family relationships (commitment, appreciation, decision making, responsibility, problem solving, etc.)
 - Explain the role of sibling relationships, including sibling rivalry
 - List the characteristics of birth order and the role it plays in personality development
- 20.0107-0303 List the qualities needed to build strong family relationships.
National Standards 6.1.4, 13.1.1
- Identify the qualities of strong families
 - Share and explain the value of family traditions
 - Select, implement, and evaluate strategies to strengthen family relationships
- 20.0107-0304 List the responsibilities related to parent and teen relationships. *
National Standard 13.1.2
- Identify the common characteristics in parent/teen relationships
 - Identify the responsibilities of parents to teens and vice versa
- 20.0107-0305 List the positive and negative attributes of aging and critique care options. *
National Standards 12.2.1, 12.3.3
- Identify the characteristics of aging (physical, emotional, sexual, and financial changes)
 - Correct the common misconceptions associated with aging
 - Identify types of care options (nursing home, retirement community, living with family, etc.)

STANDARD
20.0107-04

Students will identify methods of crisis management. *
 (This information may also be reviewed and taught under standard 7.)

OBJECTIVES

- 20.0107-0401 Identify the effects of divorce and coping strategies.
 National Standards 12.2.2, 12.2.4
- Identify factors leading to divorce
 - List effects of divorce on family members (lower self-concepts, delinquency, fear, personal adjustments for each family member, etc.)
 - Identify coping methods for dealing with divorce (visitation, economic stability, community resources, support of friends and family)
- 20.0107-0402 Identify types of violence and coping strategies. *
 National Standards 12.2.2, 12.2.4
- Identify characteristics of abusers and victims
 - Identify the parts of the violence cycle (tension building, battling incident, and honeymoon phase)
 - Explain the violence cycle by using examples to illustrate how the cycle promotes abuse
 - Define gang violence (reasons for joining a gang, warning signs, how to reduce the risk of involvement)
 - Define sexual harassment and how to deal with it
 - Define rape and steps to follow if a rape occurs
- 20.0107-0403 List the steps of the grieving process and how to develop a positive adjustment to loss.
 National Standards 12.2.2, 12.2.4
- Identify the stages of grief (denial, anger, bargaining, depression, and acceptance)
 - Identify the common physical reactions to grief (lack of appetite, numbness, inability to sleep, etc.)
 - Explain how the grieving process applies to many types of losses
- 20.0107-0404 Define various sexual violations.
 National Standards 12.2.2, 12.2.4
- Identify physical/social/emotional problems related to and resulting from rape, date rape, incest, abuse, etc.
 - Identify community resources and support groups available for assistance with sexual violations

STANDARD
20.0107-05

Students will list the functions and purposes of responsible dating.

OBJECTIVES

- 20.0107-0501 Identify and discuss the purposes of dating.
 National Standard 13.2.5
- List the purposes of dating (socialization, recreation, and mate selection)
 - List personal qualities that will contribute to positive dating
- 20.0107-0502 List dating behaviors that support personal values and identify the personal responsibilities associated with dating.
 National Standards 13.2.5, 13.6.1, 13.6.2, 13.6.3
- Identify dating behaviors that support personal values
 - List dating guidelines that protect teens
 - Set personal rules/responsibilities related to dating behaviors that support personal values

- 20.0107-0503 Identify the dangers of physical intimacy during dating.
National Standards 12.2.2, 12.2.4
- Describe and discuss responsible sexual behavior
 - Describe the long-term benefits of abstinence and fidelity
 - Describe the potential short-term and long-term consequences of sexual irresponsibility
 - Identify reasons teen pregnancy occurs
 - Explain possible physical risks of teen pregnancy to the mother and infant
 - Examine personal, emotional, education, financial, and societal problems that result from teen pregnancies
 - Analyze teens' preparedness to be parents
- 20.0107-0504 List the common types of STIs, HIV/AIDS and their symptoms.
National Standards 12.2.2, 12.2.4
- Assess the dangers, myths, consequences, and treatment of STIs and HIV/AIDS.
 - Research and review current findings and statistics regarding STIs and HIV/AIDS.
 - Identify community resources and support groups available for assistance with STIs and HIV/AIDS
- 20.0107-0505 Identify the various types of love and the behaviors associated with each.
National Standard 13.6.1
- Identify the types of love listed on the Ladder of Love
 - Identify the characteristics of love

STANDARD

20.0107-06 Students will identify the aspects and importance of marriage preparation.

OBJECTIVES

- 20.0107-0601 Analyze the pros and cons of single living throughout life and compare it to single living as opposed to shared living. *
National Standard 13.2.4
- 20.0107-0602 Analyze the importance and process of mate selection.
National Standards 13.2.4, 13.2.5
- Analyze theories of mate selection
 - Develop a personal list of characteristics, qualities and values desired in a marriage partner
 - Calculate marital success factors based upon a potential lifestyle, the strengths and weaknesses of relationships, and the acceptability of the strengths and weaknesses of a possible mate
 - Define roles and identify topics to be discussed prior to marriage
 - Develop a personal philosophy of marriage based upon completing the points of discussion with another person, interviewing married couples, etc.
- 20.0107-0603 Identify the purposes of the engagement period.
National Standard 13.1.4
- Identify marital goals and objectives
 - Identify legal requirements
 - Discuss the purpose of the engagement period
 - Identify signals of potential marriage problems

STANDARD

20.0107-07 Students will identify behaviors that strengthen marital relationships.

OBJECTIVES

- 20.0107-0701 Identify the purpose of a honeymoon. *
- 20.0107-0702 Define roles and related issues. (household responsibilities, child care, etc.)
National Standards 6.1.4, 3.1.6
- 20.0107-0703 Identify common marital adjustments and how to resolve them. (in-laws, sex, dual income, etc.)
National Standard 6.1.6
- 20.0107-0704 Identify methods of conflict resolution as related to marriage.
National Standard 13.4.3
- Identify common sources of marital conflict
 - Apply conflict resolution and problem-solving strategies to resolve common scenarios of marital conflict
- 20.0107-0705 Identify personal needs and expectations in a marriage.
National Standard 13.1.1
- 20.0107-0706 Identify positive characteristics and behaviors of strong marriage relationships.
National Standard 13.1.4
- Identify specific behaviors found in strong marriage relationships
 - Develop a list of ways to personally build and strengthen a marriage

STANDARD

20.0107-08 Students will identify and utilize basic consumer, money management, and financial strategies.

OBJECTIVES

- 20.0107-0801 Identify consumer rights and responsibilities and identify effective practices for purchasing consumer goods, services, housing, and insurance.
National Standards 2.3.3, 2.5.1
- Define basic consumer terms
 - Identify agencies and publications that deal with consumer protection
 - Identify consumer rights and responsibilities
 - Explain the process of comparison shopping
 - Identify unfair/deceptive selling methods/consumer fraud
 - Report on recommended product purchases, based upon research using consumer information resources
- 20.0107-0802 List the steps in setting financial goals and developing budget strategies.
National Standards 2.6.1, 2.6.2
- Identify financial goals
 - Define budgeting terms
 - Develop a realistic monthly budget, based upon a set income, which includes: savings, housing, utilities, transportation, insurance, clothing, entertainment, and miscellaneous categories
 - Discuss the relationship of time and money

- 20.0107-0803 Identify various types of insurance, the types and purposes. *
National Standard 2.6.3
- Identify the types and purposes of life insurance
 - Identify the types and purposes of health insurance
 - Identify the types and purposes of automobile insurance
- 20.0107-0804 Explain consumer issues related to credit, debt, and banking services.
National Standards 2.6.1, 2.6.2
- Identify terms and services associated with banking
 - Identify terms and services associated with checking accounts
 - Identify the types of credit and their costs
 - Define credit ratings/over-indebtedness
 - Calculate the cost of credit, over the life of the loan, for different types of purchases
- 20.0107-0805 Explain basic information concerning financial investments. *

STANDARD

20.0107-09 Students will identify the various skills and responsibilities of parenting.

OBJECTIVES

- 20.0107-0901 Evaluate personal readiness for parenting roles and responsibilities.
National Standard 15.1.2
- Identify the social, emotional, physical, intellectual, and financial considerations of parenting
 - Identify parenting roles of fathers and mothers
 - List the steps of parenthood preparation
 - Identify the challenges and rewards of parenting
- 20.0107-0902 Explain the human reproductive process, infertility, pregnancy, and steps that lead to a healthy lifestyle.
National Standards 15.4.1, 15.4.2
- Define terminology regarding the male and female reproductive system
 - Identify ways to prevent birth defects
 - Describe the growth and changes that take place during the three trimesters of pregnancy
 - Identify problems that are associated with pregnancy: toxemia, ectopic pregnancy, stillborn, spontaneous abortion, etc.
- 20.0107-0903 Explain the birth process and needs of the new infant.
National Standards 12.3.1, 15.4.1, 15.4.2
- Define the terms associated with labor and delivery
 - Define nurturing/bonding and how it impacts a child
 - Identify ways to appropriately soothe and handle an infant
 - Identify postpartum symptoms
- 20.0107-0904 Identify signs and types of abuse and prevention strategies.
National Standards 12.2.4, 15.2.4
- Identify the types and signs of abuse
 - List strategies that help prevent abuse
- 20.0107-0905 Identify parenting styles, including positive guidance techniques that help children develop positive self-concepts, self-management, and responsibility.
National Standards 15.2.1, 15.2.2, 15.2.3
- Identify parenting types and styles
 - List ways to foster a child's self-concept
 - Identify positive guidance techniques

- Write an abstract(s) and a personal analysis of a child guidance article(s)
- Apply positive guidance techniques to child-rearing problems and/or case studies